



# Eagle Point Primary School

# NEWSLETTER

Tuesday 19th August 2025

Dear Parents and Carers,

Yesterday was a most informative day of professional learning for staff. We had the pleasure of listening to a presentation from Pamela Black who is an accredited Mental Health Social Worker. Pam runs her own business called Think Actively in Bairnsdale and she came to speak with staff about the complex world of anxiety. I personally had many learning points from yesterday and reminders of what has been talked about before. Pam outlined the main anxiety disorders we may experience in schools and what they are and are not. I was particularly interested in how we as loving parents can actually reinforce children concerns into anxieties. By stepping in and speaking for our children instead of encouraging them to use their own words when they want or need something, we may be reinforcing that this is difficult, scary or out of reach of the child. She stressed that feeling nervous, uncomfortable and anxious is a normal state and is not a bad thing or something to be frightened of, it is our bodies way of letting us know that we are not feeling OK and that we may have to do something to feel better. The issue lies when a person does not develop strategies or skills to manage these feelings or move out of this state, this is when anxiety can begin to impact on our daily lives. During the session, staff looked at what skills and education children need to be able to identify and manage anxiety, what we can do at school to assist and when students may need to be referred for additional assistance. Pam encouraged staff to speak with parents if students are demonstrating behaviour patterns that might lead to an anxiety disorder, as the earlier support is sought, the easier the process to help the child. Pam also shared current challenges for children in today's world and how we as educators and parents can assist our children to grow up as confident problem solvers. This included discussing the differences between teasing and bullying, building emotional intelligence, talking and sharing stories, social skills and increasing our children's abilities to work tough when things don't go their way. There was a lot of reflection in the staffroom over morning tea and commitment from staff to reduce their own screen time as role models for our own children.

On Wednesday, we will be having an evacuation drill. During this drill we will be practicing what to do if the building was not a safe place and we had to relocate to a safer part of the school. During the drill, a different warning bell sounds and an announcement will instruct staff and students on what to do next. It is important that students listen carefully to the announcement as these instructions can change depending on the emergency or situation. If you have a child who may find this challenging, please discuss what will happen so they are well prepared. It is important that all students are at school on these days, so they know what to do if the emergency was real.

This Thursday is the annual Book Week Parade. Students, staff and families are invited to come dressed up as a book character. The parade will start just after 9am in the eating area and we hope to see as many parents as possible come along to see the kids.

In term 4 I have secured an evening with Brian Nankervis from Hey Hey it's Saturday and Rock quiz. Brian will be having a session with the students during the day and I am organising an evening of entertainment for parents and friends. If you are interested in helping me plan this night then please let me know. There are a few tasks to work through and I would certainly appreciate some assistance.

Have a wonderful week,

Anna Duncan  
Principal

## ASSEMBLY

EVERY  
FRIDAY  
2.35PM

## WATERVIEW BAKERY LUNCH ORDERS

THURSDAY ONLY  
Lunch Order Day  
Students need to hand in their  
lunch order by 9.10am



EVERY  
WEDNESDAY  
\$1 ICY POLES



# SCHOOL CALENDAR—TERM 3

## AUGUST / SEPTEMBER 2025



<b>Thursday 21st August</b>	<b>Book Week Dress Up Day</b>
<b>Thursday 21st August</b>	<b>Lunch Orders</b>
<b>Monday 25th August</b>	<b>Mobile Library—9.30-11.00am</b>
<b>Thursday 28th August</b>	<b>Lunch Orders</b>
<b>Thursday 4th September</b>	<b>Lunch Orders</b>
<b>Friday 5th September</b>	<b>Book Club Orders Closing Date</b>
<b>Monday 8th September</b>	<b>District Athletics Carnival @Howitt Park</b>
<b>Monday 8th September</b>	<b>Mobile Library—9.30-11.00am</b>
<b>Tuesday 9th September</b>	<b>Finance Meeting @3.45pm</b> <b>School Council Meeting @4.45pm</b>
<b>Thursday 11th September</b>	<b>Lunch Orders</b>
<b>Friday 12th September</b>	<b>Nexus Arts—Sean Choolburra Indigenous Performance</b>
<b>Thursday 18th September</b>	<b>Lunch Orders</b>
<b>Friday 19th September</b>	<b>Last day of Term 1, 2.30pm dismissal—no buses in the afternoon</b>



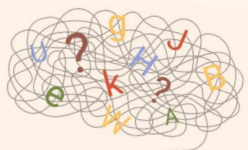
Last week in Science students made Oobleck. It's a **substance made from a mix of 1 part water and 2 parts corn flour**. It can feel like a solid when you hold it in a ball, but it becomes liquidy when you let your hand go loose. It takes the shape of whatever is holding it.





**BOOK WEEK  
DRESS UP PARADE  
THURSDAY  
21ST AUGUST  
@9am**

**BOOK AN  
Adventure**



## ***RELATIONSHIPS & SEXUALITY EDUCATION (R.S.E.)***

Our whole school Relationships and Sexuality Education program is running this term. These sessions involve your class's teacher delivering the program. To assist with family knowledge and discussions at home regarding the content of what your child will be learning about, please see the summaries below.

For further information on the program, please don't hesitate to contact your classroom teacher or Jane Langley.

### **Junior School: Grades Prep, 1 & 2**

We'll explore how people can be both similar and different, and that all differences deserve respect. Students will share their interests and learn that every person belongs.

### **Middle School: Grades 3 & 4**

**Human development across the lifespan, human reproductive system, *students this week will continue to focus on:***

**Puberty, *students will:***

- Explore the physical and emotional changes that occur during puberty
- Develop knowledge about hygiene and the management of puberty ie. pimples, periods, erections, body odour, hair, sweat

### **Senior School: Grades 5 & 6**

**Session 4:- Puberty**

Develop an understanding of the physical, social and emotional changes experienced during puberty

Consider what it means to be physically, socially and emotionally healthy.

6 ISSUE  
2025

# Book Club

PULL OUT  
POSTER  
HANG ME  
UP IN YOUR  
CLASSROOM!



FUN!

WIN!

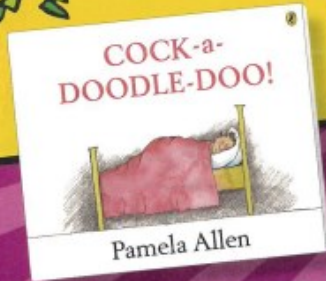
1 OF 60  
FAMILY PASSES  
TO SEE THE  
BAD GUYS 2  
IN CINEMAS!  
See Book Club  
catalogue for  
more details.



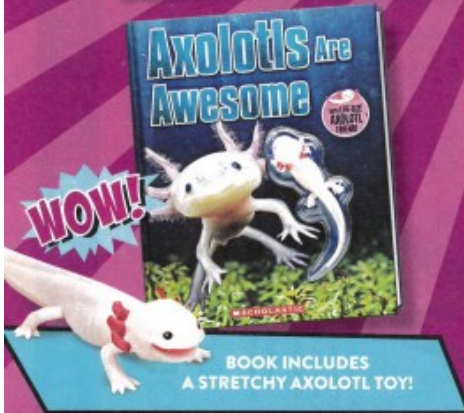
LOL!



## READING is a SUPERPOWER!

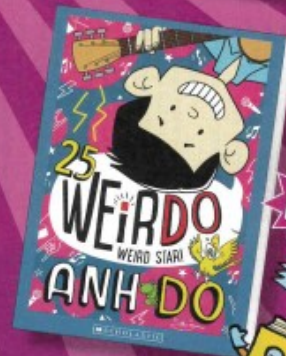


### LEVEL UP WITH BOOK CLUB!



WOW!

BOOK INCLUDES  
A STRETCHY AXOLOTL TOY!



WITTY!



SCHOLASTIC

ORDERS DUE:

Friday 5th September

**NO LONGER TAKING CASH ORDERS**

**HOW TO ORDER ONLINE**

Visit [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) OR download the **LOOP** app.

Your order will be electronically linked to the rest of your school's order.

You do not need to complete the order form.



# 4 Week Junior Tournament

***Starts Sunday 7th September***

***@10am–12noon***

2025 Scholarship Bowlers: No Charge

Interested Children Welcome: Cost \$8 per day



Entry forms available at the school office.

**All entries to be handed into the office  
by Friday 4th September**

Enquiries to Peter Sutton 0409 120 513



**Free sausage sizzle  
after games for  
children and parents**

# COMMUNITY NEWS



**The Country Women's  
Association of Victoria Inc.**

**care empower contribute**

**Join Us!**



Paynesville Toonalook Country Women's Association (CWA of Vic) would like to invite girls aged five and over to join our Juniors Group

**OUR FIRST GROUP ACTIVITY WILL BE ON THE  
20TH AUGUST 2025 FROM 4PM TO 5.30PM  
At the PAYNESVILLE COMMUNITY CENTRE**

Meetings will be held at 4pm on the 3<sup>rd</sup> Wednesday of the month  
A small membership fee applies

**We plan to offer a range of activities centered around crafting, cooking, fun and making lots of friends**

**WE AT CWA PAYNESVILLE TOONALOOK BRANCH ARE VERY EXCITED  
TO OFFER THIS OPPORTUNITY TO THE GIRLS IN OUR COMMUNITY AND CAN'T  
WAIT TO SEE YOU THERE 😊**

You can ring Robyn or text her on 0413 895 313

*We respect First Nations Elders past, present and future and acknowledge the stories, traditions and living cultures of First Nations peoples of the lands on which our members meet, and commit to building a brighter future together.*

Early  
Learning

## Paynesville Uniting Kindergarten

Places open for 3 and 4 year  
old kinder in 2026.

**Enrol now.**



### Proposed 2026 Program 3 and 4 year old kindergarten

#### 3s GROUP

All sessions 9.00am – 2.00pm

**A:** Monday, Wednesday, Thursday

**B :** Monday, Tuesday, Thursday

**C:** Monday, Tuesday, Wednesday

**D:** Tuesday, Wednesday, Thursday

#### 4s GROUP

All sessions 9.00am – 2.00pm

Monday, Tuesday

Wednesday and Thursday



**ENROL  
NOW**



#### Get in touch

T 1800 183 103

E [earlylearning@vt.uniting.org](mailto:earlylearning@vt.uniting.org)  
[unitingvictas.org.au/el](http://unitingvictas.org.au/el)



**Uniting**

# COMMUNITY NEWS



## KIDS' n STITCHES

On the back of my successful School Holiday Sewing Workshops in July, I am happy to announce that I have now scheduled new beginner sewing classes for Term 3.

### **3<sup>rd</sup> Term School Holiday dates as follows: 4.00PM-6.00PM**

Suitable for kids aged 10-15 yrs. with little or no sewing machine experience.

Tuesday 26<sup>th</sup> August

Thursday 28<sup>th</sup> August

Tuesday 2<sup>nd</sup> September

Thursday 4<sup>th</sup> September

Tuesday 9<sup>th</sup> September

Thursday 11<sup>th</sup> September

Tuesday 16<sup>th</sup> September

Thursday 18<sup>th</sup> September

Tuesday 23<sup>rd</sup> September

Thursday 25<sup>th</sup> September

Pay for 5 x 2 hour sessions-\$200 (\$50 deposit required).

Class attendance can be flexible eg. you may like to attend only on a Tuesday one week and Thursday the next week or what suits. You will have to let me know in advance so I do not overbook the session (only 3-4 students per class). Vouchers will be given on payment for 5 sessions, and they could be carried over into the next term.

### **2 Day School Holiday Workshops 1000AM-2.00PM**

Wednesday 24<sup>th</sup> September and Wednesday 1<sup>st</sup> October.

\$170 for both days inclusive (\$50 deposit required).

### **What is included in cost??**

Sewing machine provided for use during classes.

All fabric, thread, patterns, scissors required to make selected projects.

Small projects of own choice: small quilt, tote bag, bowl cozy, reading pillow, dog bandana

If you are interested or have questions about your child attending any of the above classes, please email me:

Julie- Eagle Point, VIC. (Registered Nurse, Police Check, Working with Children)

**KidsNStitches2025@gmail.com**